



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



TURKEY STARS

Ingredients:

- 1 pound of ground turkey
- 1 pack of wonton wraps
- 1 8-oz pack of reduced-fat shredded mild cheddar cheese
- 1 ½ cups of fat-free ranch dressing
- ½ tsp salt
- ½ tsp pepper
- ½ tsp dried red papper

Directions:

1. Preheat oven to 325°F
2. Brown ground turkey in large non-stick skillet; then transfer to medium sized bowl.
3. Add ranch dressing and 4 oz of cheese to bowl, mix together.
4. Toast wontons in oven for 3-5 minutes. Remove from oven and add turkey mixture, sprinkle remaining cheese on top.
5. Place back into oven for 5 minutes. Enjoy!

Nutritionist Notes:

- To lower fat content, may want to use skinless ground turkey.